



## Weekly Exercise For At Least 30 Minutes

Question 56: Thinking about a typical week, how many days, if any do you exercise for at least 30 minutes?

	Total Sample (N=1615)	Ethnicity					Education					Income				
		His-panic	Anglo	African Amer.	Native Amer. Indian	Asian	Some HS or Less	High School Grad.	Some College	4-Year College Grad.	Grad. Work/Degree	\$20,000 or Less	\$20,001 to \$35,000	\$35,001 to \$50,000	\$50,001 to \$75,000	Over \$75,000
Zero days	15%	15%	15%	13%	7%	19%	16%	21%	13%	12%	10%	16%	15%	15%	14%	11%
1-2 days	18%	16%	19%	23%	16%	25%	14%	16%	21%	18%	18%	17%	19%	21%	19%	14%
3-4 days	35%	36%	35%	36%	35%	29%	33%	34%	35%	38%	35%	33%	36%	31%	38%	42%
5-6 days	16%	15%	17%	18%	14%	12%	4%	12%	16%	21%	25%	16%	15%	14%	17%	24%
7 days	15%	17%	13%	11%	20%	16%	30%	16%	14%	11%	10%	16%	13%	18%	12%	9%
Don't know/won't say	1%	1%	1%	-	8%	1%	2%	1%	2%	1%	1%	1%	3%	1%	1%	1%

  

	Total Sample (N=1615)	Gender		Age					Length of Residency				Household Members Under 18		Number of People Living in Home		
		Male	Female	18-24 Years	25-34 Years	35-49 Years	50-64 Years	65 Years & Over	Less than 2 Years	2 to 5 Years	6 to 19 Years	20 Years or More	Yes	No	One	2 People	3 People or More
Zero days	15%	11%	18%	6%	12%	13%	17%	22%	18%	14%	9%	17%	11%	17%	18%	15%	13%
1-2 days	18%	18%	18%	17%	17%	23%	17%	12%	16%	18%	17%	19%	21%	16%	14%	18%	20%
3-4 days	35%	37%	33%	47%	45%	31%	32%	29%	36%	37%	40%	32%	37%	34%	29%	36%	37%
5-6 days	16%	16%	17%	13%	14%	19%	17%	16%	14%	16%	19%	15%	15%	17%	20%	18%	14%
7 days	15%	17%	13%	16%	11%	12%	17%	20%	16%	11%	14%	16%	15%	15%	17%	13%	15%
Don't know/won't say	1%	2%	1%	1%	2%	1%	*	2%	-	4%	1%	1%	1%	1%	2%	1%	1%

  

	Total Sample (N=1615)	CPA									Type of Home		Rent or Own Home	
		West-side	SW Mesa/South Valley	Central ABQ	North Valley	Near Heights	Mid-Heights	East Gateway	Foot-hills	North ABQ	House	Apartment	Own	Rent
Zero days	15%	13%	19%	19%	23%	15%	13%	16%	10%	9%	14%	12%	16%	12%
1-2 days	18%	16%	17%	15%	17%	23%	18%	15%	17%	21%	18%	18%	18%	18%
3-4 days	35%	42%	32%	25%	25%	29%	35%	38%	44%	35%	35%	40%	34%	39%
5-6 days	16%	14%	9%	19%	18%	22%	15%	11%	19%	22%	16%	19%	16%	18%
7 days	15%	14%	24%	20%	16%	10%	17%	17%	7%	14%	15%	8%	16%	11%
Don't know/won't say	1%	*	-	2%	2%	1%	2%	3%	2%	1%	1%	3%	1%	2%

\* Less than 1% reported.

## Normal Methods of Exercise (Unaided Responses)

Question 57: What do you normally do to exercise?

	<i>Total Sample (N=1615)</i>		<i>Total Sample (N=1615)</i>
Walk	49%	Work as a handyman	*
Run/jog	15%	Rock climbing	*
Lift weights	11%	Bowling	*
Go to gym	11%	Construction work	*
Ride bike	10%	Arm and leg exercises/chair exercises	*
Aerobics/classes	9%	Work	*
Swimming	5%	Tai Chi	*
Yard work/gardening	2%	Medical exercises/physical therapy	*
Basketball	2%	Horseback riding	*
Hike	1%	Unload trucks	*
Play golf	1%	Work as a lineman/climb poles	*
Tennis	1%	Stretch	*
Housework/cleaning	1%	Kickboxing	*
Yoga	1%	Water exercise	*
Dancing	1%	Royal Canadian Air Force exercises	*
Jazzercise	1%	Ice hockey	*
Soccer	1%	Hunt	*
Baseball	1%	Lift disabled people at work	*
Medieval sword fighting	*	Play drums	*
Martial arts	*	Football	*
Pilates	*	Do not exercise	4%
Floor exercises/push-ups, crunches, etc.	*	Nothing in particular	4%
Skateboard/skate	*	Don't know/won't say	1%
Jump on trampoline	*		
Volleyball	*		

\* Less than 1% reported.

Note: The sum of the percentages exceeds 100% due to multiple responses.